



Ancestral Approach

**How to fuel your body for
better health and more energy
even when you have a crazy
busy schedule.**

Hey there!

My husband and I both work full time, we have three small children, a home, family dog, and all of life's responsibilities demanding our attention every day. We are busy people!



So, we know that one of the biggest struggles that most people face today is a hectic schedule.

We're so busy that it makes eating healthy, whole foods all of the time a real challenge. Quick and convenient foods can easily end up taking the place of healthy, nourishing food when we're on the go, go, go all the time. These less-than-ideal food choices put us on the hamster wheel of experiencing low energy, weight gain, and potential health problems including blood sugar and digestion issues.

What if I told you it didn't have to be this way? You don't have to let your schedule rule you and resort to fast food or processed foods on a regular basis.

It is possible to eat healthy foods, even with a jam-packed schedule. It just requires a little bit of pre-planning to ensure success. You'll feel better, have more energy, and your body will thank you too.

When you start fueling your body with healthier choices, you'll probably also find that you don't have that 3 PM slump or need that afternoon caffeine boost. These are a couple of added benefits many of my clients experience, and they're always pleasantly surprised!

I've included my best tips, tricks and healthy snack ideas to get you started, so keep reading...

xxxxxx,

Carolyn Marotta, NTP

Eating Healthy When You're Not Home

There are plenty of circumstances that will take you away from home, and make it more challenging to eat healthy food. Take the time to plan ahead and you can relax knowing that you won't be derailing your healthy living efforts by consuming empty calories and processed carbs that only make you hungry again a short time later.

Daily Errands and/or Kid's Activities

Most of us spend several hours in our vehicles every week running errands, stuck in traffic or shuttling kids back and forth between activities. If we don't plan ahead, it is easy to fall into the trap of swinging through the closest drive through when you (or your family) are hungry.

Don't wait until the point that you're starving to make food choices, as this will almost always lead to less than ideal options. Instead, plan ahead, so you don't have to rely on your willpower alone to keep you on track. **Pack easy to carry healthy snacks, and keep them in either your purse or your vehicle.** This way you always have healthy choices right at your fingertips.

Road Trips

Just because you're on vacation, doesn't mean you should take a total hiatus from your health goals. You can still live a healthy lifestyle on road trips by packing healthy foods to eat in the car. You can pack a cooler to keep handy so you have easy access to snacks while on the road. If you're planning on stopping at rest areas along the way, pack a nutritious picnic lunch to eat before you head back out on the next leg of your trip (this is a good money-saving tip too!). Use Google Maps to find the closest grocery store and pick up any perishables once you arrive at your destination.

Airports

Even though you can't pack liquids in your carry-on bag, there are still plenty of options for what you can bring. You can pack wrapped whole food snack bars, nuts, seeds or even pieces of fruit (for domestic travel) in your personal items bag. With a little creative planning, you can keep your nutrition on track, and save yourself a bundle of money you would have otherwise spent on pricey (and often unhealthy) airport food and snacks.



Quick Note About Digestion

I would be a bad nutritionist if I didn't mention a few important things about digestion before diving into this "healthy eating on the go" guide. So, hear me out real quick...

Have you ever heard the expression "You are what you eat?" Well, that statement is not exactly accurate. A more accurate expression would be "You are what you digest and assimilate." Meaning, you are the vitamins, minerals, fatty acids and proteins that your body can actually breakdown, process and incorporate into your cells.

For your digestion to function optimally, the very first step is to chill out. Yep, sit down, take a few deep breaths and *relax*. If that doesn't happen your digestion isn't turned on because digestion is a parasympathetic (resting) process.

When we are stressed digestion is off. When we eat while driving, watching the evening news, rushing to the next appointment, standing, multitasking at our desk, etc...we don't digest our food. Even if it's organic, grass-fed or locally grown.

So even though this is an "on the go" guide, I urge you to sit and relax, chew thoroughly and enjoy your food. This is the most important tip for optimal nutrition!



Foods That Are Easy to Pack

The following items are all easy to prepare, and convenient to take on the go. Feel free to experiment, and find out which snacks best fit your preference and lifestyle. Mix and match options to see what works for you. Be sure to keep any perishable foods in a cooler or use an ice pack.

- Baby carrots and cucumber slices with guacamole (Costco sells individual packs for travel and lunch boxes)
- Sliced or whole apples with nut butter or sun butter (SunButter brand with orange top contains no added sugar)
- Olives
- Grapes or figs with whole fat cheese slices
- Clementine or mandarin oranges
- Sliced or whole pears
- Smoothie with [collagen hydrolysate](#) for protein (if you plan to drink it within 30 mins or so or keep cool with an ice pack)
- Nuts, raisins, coconut flakes (you can make your own trail mix)
- Berries like blueberries, raspberries or strawberries (keep with ice pack)
- Pumpkin seeds (pepitas) and/or sunflower seeds
- Whole Food Snack Bars (such as [RxBar](#), [Primal Kitchen Foods](#) or [Epic Bars](#))
- High quality lunch meats (such as Applegate brand, or from a local sustainable farmer)
- Cheese cubes (whole fat is good, raw is best)
- High quality beef jerky (such as [Epic Jerky Bites](#))
- Cut-up rotisserie chicken (keep cool with an ice pack)
- Hard boiled eggs (keep cool with an ice pack)
- Canned sardines (such as [Wild Planet](#), for the bold!)



Make the Most of Technology

Almost everyone has a smartphone with them at any given time. You can use this readily available technology to your advantage. Keep your food choices healthy when you're on the go by utilizing apps that make healthy living easier.

“**Healthy Out**” is a handy app to keep your nutrition on track when eating out. You can search by tags like paleo, heart healthy, and more. Download the app for iOS or Android to find restaurant meals that fit your needs.

If anyone in your family is gluten intolerant or has Celiac disease, it may be a challenge to find restaurants that serve gluten-free meals. You can use the app called “**Find Me Gluten Free**” to help find restaurants with gluten free offerings in your vicinity.



Make Midweek Meals Easy

Just because you have had a busy day doesn't mean you have to resort to fast food or processed foods for dinner. With a little forethought, you can make sure your family has healthy meals ready to go when you walk in the door.

With the advent of Pinterest, you now have thousands of healthy crockpot meal ideas available for free. Do a quick search and see what recipes may interest you and your family. If you prep everything the night before, or even earlier in the morning, you can come home to a delicious home-cooked meal that is ready to serve.

Other helpful websites for meal planning and prep include: TheFoodee.com, RealPlans.com

If you're all about convenience and high quality, tasty food, then checkout the meal delivery services SunBasket.com and PaleoOnTheGo.com.

Book Recommendation: [The Complete Paleo Slow Cooker](#)

If you're looking for super-fast, then you need an [Instant Pot](#). These babies are unbelievably fast. I'm talking cook a whole chicken in 45 minutes fast! So, on those weeknights where you need a healthy dinner on the table quickly, the Instant Pot is the BEST kitchen appliance to have on your side. The best part is that it doubles as a slow cooker, win-win!

Grab a copy of the [Paleo Cooking with Your Instant Pot](#) cookbook to get some inspiration!

TIME SAVER TIP: Batch cook and plan for leftovers. When you do have time to cook, simply double the recipe and set the extras aside to use later in the week on a particularly busy day. It takes very little extra effort to double the recipe, and you will reap the benefits of time savings later in the week.

If you are looking for some of the brands I recommend and you can't find them at your local grocery store, try a Whole Foods Market, Wegmans or an online grocery store like [Amazon](#) or [Thrive Market](#).

Make Healthy Eating Strategies Work for You

Even with a busy schedule, you can still make sure that you are eating healthy, nutritious meals. By putting in a little bit planning, you can ensure that you and your family enjoy healthy foods that support your lifestyle and your goals.

You can do this! Let me know if I can help.



Carolyn is a certified Nutritional Therapy Practitioner and Wellness Advocate. Based in the Lansdale, PA, Carolyn brings her passion for real food and nutrition to her practice of helping people balance blood sugar, heal their guts and feel amazing. Her services include The RESTART Program, one-on-one consulting, essential oils education, cooking demos and workshops for groups. Schedule your free discovery call today, email carolyn@ancestralapproach.com.

Affiliate Disclosure: This document contains affiliate links. That means by clicking on links, following to sites like Amazon and purchasing something (at no extra cost to you!), I will earn a small commission. This income helps me support my business to buy supplies and spread the word about ancestral nutrition and lifestyle. I will never link to a product that I don't use myself and fully recommend. Thanks for your support!